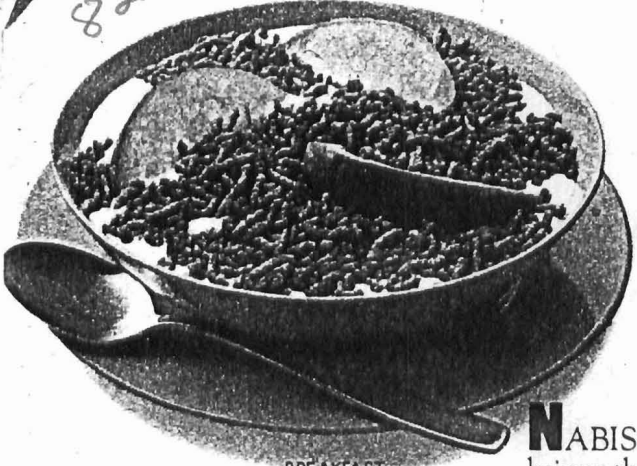


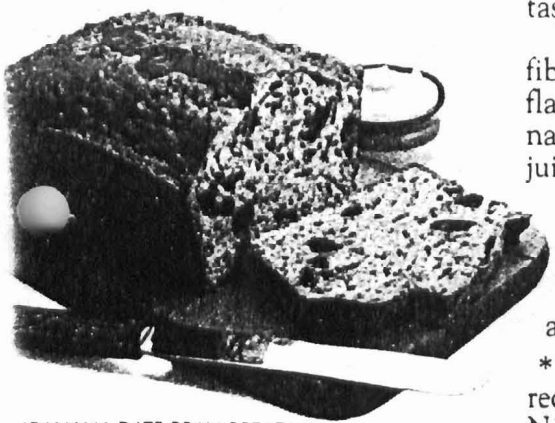
# 6 DELICIOUS WAYS TO GET MORE FIBER INTO YOUR FAMILY'S DIET



BREAKFAST



BRAN COOKIES



BANANA DATE BRAN BREAD \*

**N**ABISCO® 100% Bran brings the goodness of high fiber and good taste together.

It's the only high-fiber cereal deliciously flavored with two naturally sweet fruit juices.

So 100% Bran not only makes a great breakfast cereal, it makes great meals all day long.

\* You'll find these recipes on every box of NABISCO 100% Bran.



SPRINKLE ON DESERT



SPRINKLE ON SALAD

## WIN AS YOU LIVE From Lite-Line



### Grand Prize—10-day vacation

The trip includes: round trip airfare to Canyon Ranch in scenic Tucson, Arizona. All meals. Hotel accommodations. Plus \$1,000 to spend any way you wish.

**1st Prizes**—\$1,500 in cash to outfit the new you in the designer wardrobe of your choice.

**2nd Prizes**—A Huffy® "Rivermist" Exercise Bike. So you can pedal your way into shape.

## SAVE 15¢

### BORDEN® LITE-LINE®

**1/2 the calories & great taste.**

Pasteurized Process Cheese Product

**REDEEMER:** As our agent, please redeem for face value as specified. **NO CASH REFUND.** **NO USE CONSTITUTES FRAUD.** You will be paid face value, plus 7% handling, provided you and your customer have complied with the terms of the offer. Send coupons to Borden, Inc., P.O. Box 1720, Clinton, Iowa 52001. **NON-TRANSFERABLE.** Customer must pay any sales tax. Void where taxed, restricted or prohibited. Limit: 1/20 of one coupon per customer. One coupon per purchase. Coupon expires August 30, 1982.



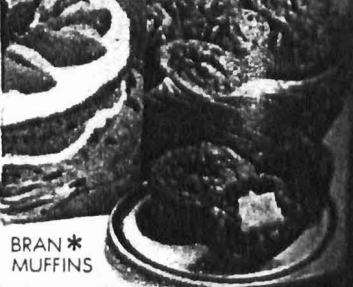
**SAVE 12¢**

Retailer: You are authorized to act as our agent for the redemption of this coupon. We will reimburse you 12¢ plus 7¢ for handling if it has been used in accordance with our consumer offer. Invoices proving purchase of sufficient stock to cover coupons presented for redemption must be shown on request. Coupon is void if taxed, prohibited or otherwise restricted by law. Customer pays any sales tax. Cash value 1/20¢. Good only in U.S.A. For redemption of properly received and handled coupon, mail to NABISCO, P.O. Box 1754, Clinton, Iowa 52734. Offer limited to one coupon per package of NABISCO 100% Bran. Coupon expires February 28, 1983.

44000 601839

**100% Bran**  
FLAVORED WITH TWO NATURALLY SWEET FRUIT JUICES  
NO ARTIFICIAL COLORS OR MORE NATURAL FIBER

STORE COUPON



BRAN \* MUFFINS

53000 107580